

**“A Scout smiles and whistles under all difficulties”**

**19 March 2020**

Welcome to our first Scout-at-home programme! Spend time from 6pm tonight going through the tasks below. If your parents confirm that you have achieved the tasks, the related advancement will be ticked off!

# Virtual meeting place

* Join the our troop Discord server: (or similar virtual meeting place for your troop, such as MS teams, whatsapp group, etc)
* Send [TS name]] the answer to the code on the main discord channel.

# First Aid

1. Put together a list of items you think would be good to keep in a patrol first aid kit.
   1. Discuss this with your patrol on your discord channel.
   2. As a patrol, settle on a single list.
   3. Make sure that your patrol leader delegates someone to get this gathered for when scouts starts.
   4. Send your patrol list to [TS name].
2. Recovery position
   1. Take a look here: <https://www.youtube.com/watch?v=TRQePNmR66w>
   2. Place a willing family member in the recovery position. Take a photo or video and share as proof.
3. Research how you should approach an emergency scene (e.g. a car accident, someone fallen, someone lying on the ground unconscious).
   1. Explain to a family member the following (be sure to research first – have a look at pg. 227 onward in My Scout Journey, or check online):
      1. Explain to a family member what the 4 H’s mean
      2. What is the order of events you would follow in approaching an emergency scene.
      3. Explain what DOTS means (pg 232) and examine a family member using DOTS
      4. Demonstrate how to control various types of bleeding, clean and dress a wound (pg 240)
      5. Explain how to apply RICE (pg 244).
      6. Research the right way to put on and take off first aid gloves.
      7. Explain to a family member the importance of this in the prevention of HIV, Hepatitis B

# Staying woke during corona

1. Lead a discussion with your family about the effect that Corona virus is having on local and small businesses such as restaurants. How can you and your family help in a safe way?
2. Discuss ways in which you can help the most needy people in our community during these times. Come up with a plan to assist in a safe way, and start implementing the plan.
3. How do you plan to look after you and your family’s physical, mental, and spiritual well-being?

# Upcoming events

* Watch this video and book the dates 3-5 April for a special edition of JOTI (Jamboree over the internet): <https://www.youtube.com/watch?v=wyJW7kEqe-c>

# A quick note

* We don’t know how long schools and scout meetings will be closed.
* But it is essential that the social interaction is maintained.
* Scouts will continue as far as possible in a virtual way.
* Let’s try to stick close to our regular times for working through the Scout programmes and activities to make it easier for us to maintain routine. Where this is not possible, you can catch up at a different time.
* Parents, you support in assisting your scout with this routine would be helpful!